



cpp news



It feels like Spring is on the way and we are starting to plan the activities for the warmer days.

Families – put a couple of dates in your diaries for Gympanzees on 10th April (at the new venue of Kingsweston School BS11 OUT) and the ever popular Sailing Day on 29th July.



We were very fortunate to be one of Rolls Royce Apprentice Association's charities of the year in 2018, they fundraised a huge £6217.90 and this will help us along with other kind donations to fund more activities throughout the year (see photos). We will send more details about activities nearer the time.

We have been busy at Cerebral Palsy Plus, we now have a new travel escort for our popular adults evening club, the Friendship Club.

She is called Debbie, we will introduce her in a future newsletter edition.

We also have Karon working with us as an inclusion worker and she will be investigating new venues and activities, particularly for Young adults.

So if you are 18-30 years old or thereabouts and like cinema, meals and generally going out – watch this space!

Other things in hand are an

update of our membership pack, regular physio sessions and a new lifeguard, Eloise, at the Seals Starfish Swimming Club for children.

We are also pleased to announce the launch of our Sharon Hughes Memorial Grant.

Sharon was one of our trustees and a great advocate for the charity.

She devoted her working life to giving careers advice and promoting inclusion.

Sadly, Sharon passed away early last year, so to honour her memory we have set up a memorial grant.

The grant will have a focus on training, education and employment.

If you are a member and there is something that may be beneficial to your educational or employment prospects do get in touch to discuss your eligibility for the grant.

Finally, contact us if you are interested in our general grant scheme or any of the activities that we run – we always love to hear from you.

Cathy
X



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BRISTOL NEUROPHYSIO

Bristol Neurophysio has been providing specialist therapy services for clients with CP and their families for more than 10 years.

Kirsty of Bristol Neurophysio (pictured) says: "We have a team of experienced therapists including physios, occupational therapists and speech therapists. We also work closely with a team of personal trainers, who are skilled in working with both adults and children with CP.



We understand that every individual with CP is unique and has different daily challenges and therapeutic needs. We work with each client to set individual goals and work as a team with a flexible and holistic approach.

We have a small team of experienced paediatric physios on the team who can provide early intervention in babies and young children with continuing support throughout childhood before a gradual transition across to our specialist adult team when the individual is ready. We have close links with our NHS colleagues in Bristol and the surrounding area and understand the importance of good communication and joint-working to ensure the client and their family receives the best possible support at every stage of their journey.

In addition to our core therapy services we also now offer intense SDR rehab packages. This is a physio-led service and incorporates the skills of our specialist personal trainers."

Prices vary depending on the service provided. Bristol Neurophysio are happy to chat to people first to see how they can help!

www.bristolneurophysio.co.uk
info@bristolneurophysio.co.uk
079 899 616 54

Ian's 53K for his 53rd Birthday

Many people think of me as an active sports person, but in recent times my mobility had deteriorated and I'd stopped playing all forms of table tennis.

Then in April last year, as a result of the Rolls Royce Apprentice Association (RRAA) members voting CPP as one of their charities, I started riding a tricycle. Without knowing it, the RRAA had given me a new lease of life!

Training Sessions

For my first training session I ventured to the Family Cycling Centre in Whitchurch, Bristol. They have a wide range of bicycles and tricycles from the very young to the old catering for any special need requirements. Individuals can practice in a safe environment around a 400 metres athlete track. During this session I tried two different tricycles. After completing 23 laps I felt shattered and unfit. The following session I've found an upright tricycle made it slightly easier cycling around the athlete track, but still felt unfit.

On the third week I hired a tricycle from Warmley Wheelers. They are only opened on the first Saturday of the month between 11:00 – 16:00 hours so it's advisable to check prior to going.

Riding on the Bristol to Bath cycle path was on my bucket



list and I wasn't disappointed. Off I went on a Freedom tricycle and ventured to Bath and back. Cycling through the

...Without knowing it, the RRAA had given me a new lease of life!

beautiful countryside, listening to birds sing, with spring upon us and the warm sun beaming down on me. I was thoroughly enjoying this ride until on the return route at Bitton railway station when disaster struck, the chain fell off.

I should have been advised not to pedal backwards in first gear because the chain would fall off. Luckily some

skateboarders were passing and kindly offered to put the chain back on. In the meantime someone witnessed what had happened and cycled to Warmley Wheelers and informed them.

For the next few months I would ride in Bristol, Warmley or travel to Odd Down, Bath on the 1.5 km cycle track. Again, at Odd Down there are plenty of bicycles and tricycles to try. Another good feature at Odd Down cycling track there are inclines to get your heart pumping and with my dexterity getting used to changing the gears that some people would take for granted.

By September I was riding longer distances without feeling tired.

What happened next? Follow Ian's adventure next time...



AN IRRESPONSIBLE FATHER'S GUIDE TO PARENTING by Laurence Clark

I'd never really thought about becoming a father. Growing up, I never saw guys with cerebral palsy with kids; which limited my own expectations and made me think I'd never be a dad.

Besides, my younger self was way too selfish to look after a child. The most I'd ever managed was a cactus... and that died of dehydration.

I was far too in love with not being woken up in the morning by a small human jumping on my knackers. But when I first meet my future wife Adele, she says I'd better be prepared for the fact she wants babies... which is a pretty strong opening line. Fifteen years later we have two sons, Jamie aged 7 and Tom aged 13.

This year I wrote a stand-up comedy show about being a dad. It's a hilarious, honest, warm account

of two people with cerebral palsy traversing the ups and downs of parenthood. It even includes videos of my kids reacting to some of the social media comments we've had about our family. I've performed it at the Edinburgh Fringe and the Southbank Centre.

Laurence performed for us at our AGM in November and we thoroughly enjoyed it!

Did you know?

about the Well Aware website...

It provides information on a wide range of organisations, support groups, community groups, events and activities that can help improve your health and wellbeing in Bristol and South Gloucestershire.



Find out what's happening near you with the map search and links to travel information.

If you don't have access to the internet, you can call free on 0808 808 5252.

A friendly adviser will search the database and send you the information you need, either by email or post.

Telephone service available
Monday – Thursday 9am–5pm
Friday 9am–4.30pm

Or, email infoservices@thecareforum.org.uk

FREE TICKET

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Circus Starr

the circus with a purpose

Circus Starr are kindly giving CPP tickets for our members.

This year, it'll be on Saturday, 1st June 2019 at Keynsham Rugby Club, Crown Fields, Bristol Road, Keynsham, Bristol, BS31 2BE. Performances are at 2pm and 5pm.

Let Donna know if you would like tickets for your family by emailing office@cerebralpalsyplus.org.uk or phoning 01179 655028.

Wondering about a WAV?

When buying a WAV, there are many factors to consider. The wheelchair user should take priority in terms of suitability, but you mustn't forget other passengers or even the driver.

Ask yourself: Can **everyone** be seated comfortably? Is access easy? Can it carry all our luggage (or shopping). Once you've found a WAV it's a good idea to book a test drive or arrange a home demonstration and try the vehicle for yourself before committing to buy.

An alternative to buying is to hire a vehicle. WAV hire has the benefits of ownership but without the commitment or outlay and you can hire for just a few days or as long as needed.



At WAVSGB.com we offer services to complement our selection of WAVs. FREE home demonstrations and long and short term WAV hire are available.

WAVSGB are offering 10% off WAV hire – simply call us on 01761 471540 and quote 'Cerebral Palsy Plus Newsletter' for your discount.



DO YOU SUPPORT THE GUNNERS?

Cerebral Palsy Plus have received a signed photo of the 2018-19 Arsenal first squad to assist in our fundraising.

Send us an email with a pledge for a donation and, you never know, you may be the lucky winner!!



Don't forget... We're always here to help and love to hear from you.

Contact the office on **0117 9655028** or **office@cerebralpalsyplus.org.uk** for information, advice and details of our grant scheme. And get in touch if you've any interesting hobbies or have been anywhere unusual – you could be the star of our next issue!



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